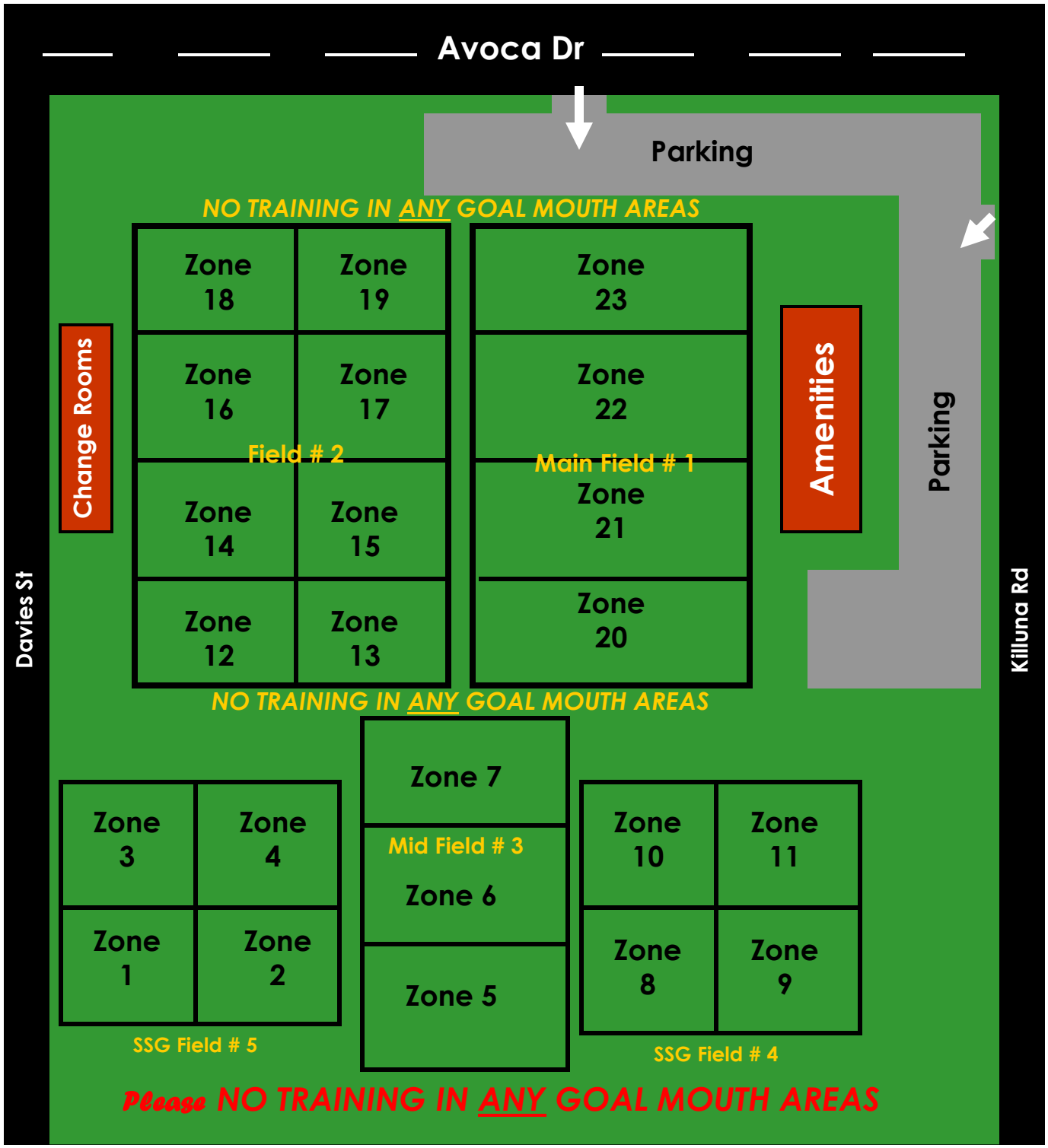

KINCUMBER ROOS 2010 - WEDNESDAY TRAINING SCHEDULE

ZONES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
7.00pm to 8.30pm	M45/1's		M45/2's							MAA6		M35B						M35D	